

THAT WHICH IS CLAIMED IS:

1. A tissue dissecting board assembly comprising an optically clear polymeric structure having a generally flat top working surface, a bottom surface, a length, a width and a height, said polymeric structure having a peripheral side, light means disposed in said polymeric structure, said top working surface being a textured surface for tissue adherence and positioning and light diffusion, and at least one cavity extending into said top working surface of said optically clear polymeric structure.
2. The tissue dissecting board assembly of **Claim 1**, wherein said textured surface is comprised of a plurality of parallel spaced grooves disposed across said top working surface.
3. The tissue dissecting board assembly of **Claim 1**, wherein said at least one cavity includes first and second elongated cavities for receiving a vulcanized silicone, said first and second cavities extending in alignment along said length of said polymeric structure.
4. The tissue dissecting board assembly of **Claim 3**, further comprising a port extending generally centrally along said length into said peripheral side of said polymeric structure and extending into said polymeric structure between said first and second elongated cavities, said port being constructed and arranged to receive said light means.

5. The tissue dissecting board assembly of **Claim 3**, wherein said at least one cavity further includes a third cavity spatially positioned from said first and second cavities, said third cavity being a solution well for tissue hydration.
6. The tissue dissecting board assembly of **Claim 1**, wherein said polymeric structure is comprised of polyvinyl chloride and wherein said light means comprises a fiber optic cable.
7. The tissue dissecting board assembly of **Claim 2**, wherein said polymeric structure is a generally rectangular structure having rounded corners and wherein said bottom surface has an aperture positioned inward from each said corner and a rubber pad positioned in each said bottom aperture for stabilized said tissue dissecting board assembly during use.
8. The tissue dissecting board assembly of **Claim 7**, wherein said polymeric structure is a disposable, single use structure having a length of approximately 8.5 inches, a width of approximately 7 inches, a thickness of approximately .625 inches and wherein said grooves have a width of approximately .02 inches and a depth of approximately .03 inches.
9. The tissue dissecting board assembly of **Claim 1**, wherein said optically clear polymeric structure is in a sterile condition and wherein packaging is provided for said tissue dissecting board assembly.

10. A tissue dissecting board assembly comprising:
 - a) an optically clear polymeric structure having a top working surface, a bottom surface, a length, a width and a height, said polymeric structure having a peripheral side;
 - b) a port extending into said peripheral side of said polymeric structure;
 - c) a light source positioned into said port;
 - d) said top surface being a textured surface for tissue adherence and positioning and light diffusion;
 - e) a plurality of cavities extending from said top working surface into said height of said optically clear polymeric structure; and
 - f) a plurality of pads extending from said bottom surface of said polymeric structure.
11. The tissue dissecting board assembly of **Claim 10**, wherein said plurality of cavities include first and second elongated cavities extending in alignment along said length of said polymeric structure.
12. The tissue dissecting board assembly of **Claim 11**, wherein said port extends generally centrally along said length into said peripheral side of said polymeric structure and extends into said polymeric structure between said first and second elongated cavities.

13. The tissue dissecting board assembly of **Claim 11**, wherein said plurality of cavities include a third cavity spatially positioned from said first and second cavities.
14. The tissue dissecting board assembly of **Claim 10**, wherein said polymeric structure is comprised of polyvinyl chloride.
15. The tissue dissecting board assembly of **Claim 10**, wherein said light source comprises a fiber optic cable.
16. The tissue dissecting board assembly of **Claim 10**, wherein said plurality of cavities include a solution well for tissue hydration and a cavity containing a vulcanized silicone.
17. The tissue dissecting board assembly of **Claim 10**, wherein said polymeric structure is a generally rectangular structure having rounded corners and wherein said bottom surface has an aperture positioned inward from each said corner for receiving said plurality of pads for stabilizing said tissue dissecting board during use.
18. The tissue dissecting board assembly of **Claim 10**, wherein said textured surface is comprised of a plurality of parallel spaced grooves disposed across said top surface.

19. The tissue dissecting board assembly of **Claim 18**, wherein said polymeric structure has a length of approximately 8.5 inches, a width of approximately 7 inches, a thickness of approximately .625 inches and wherein said grooves have a width of approximately .02 inches and a depth of approximately .03 inches.
20. A disposable, single use tissue dissecting board assembly comprising an optically clear polymeric structure having a generally flat top working surface, a bottom surface, a length, a width and a height, said polymeric structure having a peripheral side, light means disposed in said polymeric structure, said top working surface being a textured surface for tissue adherence and positioning and light diffusion, and at least one cavity extending into said top working surface of said optically clear polymeric structure, said disposable single use tissue dissecting board assembly being in a sterile condition and further being contained in packaging.